

The Teaneck Community Chorus  
Proudly Presents

# A PLACE AT THE TABLE

Recipes To Feed Your Heart and Soul



Cover: Margaret G. Aaker 2024



# A PLACE AT THE TABLE

Recipes To Feed Your Heart and Soul



## *Forward*

*“The culture of chefs is a melting pot, and I always say this - if we could put all the heads of state around a table, each representing their food culture, and then each take one bite of the other's and pass it to the right, and then explain the ideals and culture around those bites, our world problems would be easier to solve.”*

Robert Irving

Or closer to home...

*“After a good dinner, one can forgive anybody, even one's own relations.”*

Oscar Wilde

We've saved you *A Place At The Table* and invite you into the kitchens of our chorus to feast on food and inclusion. Over the years, Sue Akiska arranged our monthly potluck dinners, where we were always surprised by the bounty and variety of that spread. This cookbook is the culmination of sharing our recipes, culinary heritage, and family stories.

Some say food was the great integrator before the Civil Rights Movement. A recent survey (Grand Canyon University) listed the top eleven cuisines in America as: American, Chinese, Cuban, Greek, Indian, Italian, Japanese, Korean, Mexican, Thai, and Vietnamese.

As the opening quotation referred to the “culture of chefs is a melting pot,” this metaphor for assimilation simultaneously conceals and reveals when applied to this list. On the revelation side, Asian cuisines represented nearly half of the foods Americans consume. The vaunted “melting pot” category disguises the origins of how many cuisines? Presumably, “Regional” Southern Cooking fell within American. The big conceal: where was African-American cooking hidden in the list?

John Everton noted the irony that Southern cooking, one of the most vaunted regional cooking styles, “was built in the nexus of the restrictive roles of black women and their white governess.” A historical reveal would call Southern cooking African-European. For those seeking the concealed history of African-American Cookbooks, I direct you to *The Jemima Code: Two Centuries of African-American Cookbooks* by Toni Lipton-Martin.

How did the Middle East cuisines not appear on that list? There is a history of conflicted populations sharing the same regional cuisine. Ottolenghi’s Jerusalem provides apt examples of foods the Muslim and Jewish peoples cherished.

Early in the history of TCC, Sue Akiska, Lloyd McFarquhar, and I sang a Peter, Paul, and Mary arrangement of All Mixed Up, not Elvis’ version. The Pete Seeger song extolled the intermingling of languages, faces, races, and food. Nowadays, hyphenated last names are getting longer and longer. When presented with fusion food, culinary purists look askance.

Yet, hyphenated cuisines abound. Chinese-American is practically equated with American comfort food such as chop suey (not authentically Chinese), beef and broccoli (the Chinese immigrants borrowed broccoli from their Italian neighbors because traditional greenery wasn’t available), and General Tso’s Chicken (has the ghost of recognition of the General from Hunan, developed as a diplomatic delicacy in Taiwan, loved by Henry Kissinger, and modified/Americanized to be hardly recognized on Mainland China).

On a recent trip to rural Japan, our tour guide took my wife and me to an off-the-beaten-track restaurant featuring a Japanese chef trained in French cuisine. His “fusion” brought together the best of both traditions. Tex-Mex stands alone. How many hybrids of pizza exist in the USA? Are bagels for breakfast considered Jewish-American? What shop has the best bagels? It is a sharply contested topic indeed. Those on the East Coast wonder whether bagels made elsewhere even count as bagels, and I grew up in the Midwest. What food trends are on the horizon? Some say Caribbean, Mexican Wave (beyond tacos and burritos), and Eastern-European. While Eastern Europe may be trending nationally, our cookbook includes recipes from that tradition. After all, this is Teaneck.

While TCC sings for unity, Sarah Lohman believes eight flavors: black pepper, vanilla, curry powder, chili powder, soy sauce, garlic, MSG, and Sriracha unite the cuisines of the USA. The top eleven cuisines contain these flavors. And for those who cringe at the inclusion of MSG, the study that initiated the claims of headaches was debunked years ago. MSG, the savory flavor enhancer, belongs to the realm of basic tastes, which includes sweet, sour, bitter, and salty. That newly crowned taste is umami, allowing humans to identify amino acids/proteins. The umami found in tomatoes, anchovies, soy sauce, meats, mushrooms, and cheeses pack a punch. Adding this “secret ingredient” to your savory recipe turns your dish into something taste-worthy and causes your taste buds to stand at attention, recognizing protein. The FDA identifies MSG as an ingredient that is generally safe. Everyone wants to up their flavor game.

So, pair our recipes with your favorite beverages. Put on some music, perhaps one of the many songs from the TCC repertoire. Dinner conversation can debate the recipe’s authenticity to the country of origin, whether the recipe belongs in the weekly menu rotation or special occasion, or the worst offense, at variance with your mother’s recipe, the ultimate source of comfort food.

“Enjoy your meal” in all the languages sung by TCC over the past twenty-five years. Bon Appetit. Guten Appetit. Buon Appetito. Buen Provecho. Meshiagare. Es Gezunterheytt. Qǐng Mǎn Yòng. Be-Te'-A-Von. Bis Sah'Ha. Kain na. Smacznego. Bari Akhorzhak. Priyatnogo Appetita. Mas-issge Deuseyo. Jabulela Ukudla Kwakho. Furahia Mlo Wako.

*By Wes Matsui, Amateur Chef & Tenor*





# Recipes

*“If music be the food of love, play on!”*

*William Shakespear*

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# Wake Up!

Breakfast

"To eat well in the morning, I always have breakfast for dinner." - *Michael Symon*

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# Aunt Shirley's Coffee Cake

Submitted by Ellen Ray

*This cake is easy to make and everyone loves it. Aunt Shirley was my father's sister who lived in Arverne, New York, only a couple of blocks from Rockaway Beach. Visits to Aunt Shirley always included great food and walks on the boardwalk.*

# Aunt Shirley's Coffee Cake

## Ingredients

¼ lb.. Soft butter (1 stick)  
1 ½ c. sugar  
2 eggs  
1 c. sour cream  
2 t. vanilla  
2 c. flour  
1 t. baking powder  
1 t. baking soda  
¼ t. salt  
1/3 c. chopped walnuts  
1 t. cinnamon

## Directions

1. Preheat oven to 325 degrees.
2. Beat butter and 1 cup sugar.
3. Beat in eggs one at a time.
4. Stir in sour cream & vanilla.
5. Sift together dry ingredients and stir into batter until smooth.
6. Smooth ½ of mixture into greased 9-inch pan.
7. Combine remaining sugar, nuts and cinnamon. Sprinkle 2/3 into batter.
8. Top with remaining batter and then nut mixture.
9. Bake 50 minutes or until done.

# Date and Nut Bread

Submitted by Steve Bell

*This is my grandmother's recipe. She used to bake it in cans. She used the old Diamond Walnut, and other cans with soldered seams, etc. When she started to get too old to make this (you need some real arm strength to mix it!) she had me come to her house to assist her. When we were done, she gave me all the cans, and said "Now you can make them!" I still use them every year when I make this for our family Thanksgiving dinners. (I've added green candied cherries and added more maraschino cherries for color.)*

*When they come out of the cans, they are cylindrical with a rounded top. My grandmother used to wrap them individually in wax paper first, and then in aluminum foil. As kids, we thought these silver objects looked like bullets, so that's what we called them! "Grandma, when are you making more bullets?"*

# Date and Nut Bread

## Ingredients

1½ cups boiling water  
½ lbs.. pitted dates  
1 cup raisins  
1 cup walnuts  
2 tsp. baking soda  
3 eggs, beaten  
1½ cup sugar  
2 tsp. vanilla  
1 small jar maraschino  
cherries, with the juice  
3½ cups flour, sifted

## Directions

In a large bowl, pour the boiling water over the dates, raisins and walnuts

Add the next five ingredients, mixing everything thoroughly. If you are using a mixer, be sure to use the beater attachment (or the flex edge beater) at a slow speed, and not the wire whip. The whip will pulverize the dates and cherries!

Add the flour a bit at a time so it mixes completely

If baking in cans, be sure to spray each can with Pam

Fill each can ½ to ⅔ full

Bake 1 – 1¼ hours at 350°

# **Geschmearta Matzo**

**Submitted by Steve Bell**

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*(Handed down from my mother's sister's mother-in-law. Got that?)*

*This recipe comes from old Kiev. Rather than a family recipe, it's a community recipe from the Jews in that area. I would make it every year for Passover. While my daughter was never a huge fan of cottage cheese, she always looked forward to eating this treat every year. When she moved out on her own she started making it herself and we both continue to whip up a batch every Passover. You can eat it for breakfast or as a snack.*

# Geschmearta Matzo

## Ingredients

¼ lb. butter (1 stick), melted & cooled  
3lb cottage cheese (I use 2lbs small  
curd, 1lb large)

4 eggs

½ pt sour cream

¾ c sugar

Matzo meal

Approx 11 pieces of matzo

Cinnamon to sprinkle

## Directions

Preheat oven to 350 degrees F.

In a large bowl, mix together the cottage cheese, eggs, sour cream and sugar. Let sit until it comes almost to room temperature.

Mix in the melted butter.

Add enough Matzo meal to make it a good “shmearing consistency” (I used about ¾ cup at first, then sprinkled a little more in a few batches in).

Schmear 1/3 cup of the mixture onto whole pieces of matzo, coming almost to the edges; sprinkle cinnamon on top

Bake for 25-30 min (until the edges of the topping begin to brown).

The finished pieces can be stacked on a plate with wax paper between slices, and it refrigerates very well.

# Matzo Brei

Submitted by Steve Bell

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*This is a favorite breakfast for many Jews during Passover, or all year 'round. Many versions come out sort of dry, but this recipe is always moist and delicious! My grandfather had his way of making it, and that's the way I made it for years. Then my mother-in-law showed me this version. I mean no disrespect for my grandfather, but my MIL's blows his version out of the water!*

# Matzo Brei

## Ingredients

2 ½ matzos per person  
1 cup milk  
1 egg  
Matzo meal (if needed)

## Directions

*This is for one average portion. Multiply accordingly.*

1. Break 2 – 2 ½ matzos into mediumish pieces and place in a flat-bottomed bowl. Heat to boiling 1 cup milk, and pour over matzo. Cover the bowl and allow the matzo to soak until soft. (Put the top pieces down to the bottom every so often.)
2. Add 1 beaten egg to the bowl and mix through. Salt to taste. (1 egg is really enough for two servings. If the mixture is too wet add a bit of matzo meal.)
3. Fry in butter or margarine. You can either mix it while cooking for loose pieces, or let it sit in the pan for a “pancake” – crispy on the outside and soft in the middle. If you are making a pancake, don’t forget to flip it!
4. Some people like to use syrup or sugar on top, but in our family we just salt it lightly and enjoy!

# **Matzo Meal Pancakes**

**submitted by Steve Bell**

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*Although this takes two bowls, it's a really quick and easy process. My mother was always happy to make this for breakfast whenever we asked.*

# Matzo Meal Pancakes

## Ingredients

3 eggs, separated

½ tsp salt

½ cup Matzo meal

½ cup water

## Instructions

Mix yolks gently in small bowl

In a medium bowl, beat egg whites until "fluffy" (they should be bubbly and forming soft peaks, not hard like a meringue)

In a small bowl mix Matzo meal, salt, and water (add the ingredients and stir QUICKLY, as if you take too long it won't mix!)

Mix Matzo meal mixture into the yolks.

Fold into the egg whites.

Fry on greased skillet or griddle.



# **Grandma's Yogurt Pancakes**

**Submitted by Barbara Ostroth**

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# Yogurt Pancakes

## *Ingredients*

4 eggs

8 oz non-fat plain yogurt

$\frac{1}{4}$  cup water

1 tsp baking soda

1-2 tablespoons sugar

Dash of salt

1 cup flour

Add fruit (blueberries, sliced bananas, sliced strawberries) or nuts while cooking if desired!

## *Ingredients*

Beat the eggs together in a mixing bowl

Add the remaining ingredients in order and mix thoroughly

Place oil or butter in a skillet and heat/melt over medium heat

add a large spoonful of the batter

Cook until the edges and the middle begin to bubble and flip over

Cook the other side until golden brown

Add fruit (blueberries, sliced bananas, sliced strawberries) or nuts while cooking if desired!

# Anytime!

Snacks

“The road to enlightenment is long and difficult, and you should try not to forget snacks and magazines.”

- Anne Lamott

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# Blintz Soufflé

Submitted by Steve Bell

*I make this every year when I host a Break-the-Fast on Yom Kippur night.*

*People love it!*

# Blintz Soufflé

## Ingredients

8 Frozen packaged blintzes, thawed  
¼ cup (or less) melted butter  
6 eggs  
2 cup sour cream  
1 tsp. vanilla  
¼ cup orange juice  
¼ cup sugar  
1½ - 2 tsp. salt

## Directions

Preheat oven to 350°  
Arrange blintzes on the bottom of a 2 qt. casserole dish  
Spoon melted butter over blintzes  
Combine remaining ingredients in a large bowl  
Beat vigorously until light and smooth  
Pour mixture over blintzes  
Bake for 1 hour. Serve immediately!

# Chopped Liver

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# Chopped Liver: verbatim from Steve's mother-in-law

## Preparation

1 lb.. liver makes a lot. I use 75% calves baby beef (sometimes they call it light beef liver – just as good and cheaper) and I like to include about 25% chicken liver. You can combine any way you like, or what is available – less than a lb.. might be enough for you. 2/3 hard-boiled eggs should be enough for each lb.. of liver, and an onion or two depending how much you like it. You also need chicken fat to make it good. A good way to do is to render out the fat with onions slice any old way, and then take out the “gribenes” and use the whole thing.

Otherwise sauté onions in chicken fat on purpose. (Don't fuss too much slicing the onions; they'll be ground up anyway!)

For a small amount of liver that can fit into a pan, I would fry it right with the onions – on a mediumish fire – and scrape off the “guchy” part and grind.

If you want to bake it separately, put on baking sheet with foil or brown paper (it makes a mess of a plain pan) and bake at 375° for about 15-20 mins., till sort of rare. (Very important not to overcook, but not raw.). I forgot to tell you that liver should be in slices ½ to ¾ inches thick – anyway, bake accordingly)

When done, let cool a little, and before grinding, strip off hard skin edges on some of the side surface and remove as much cartilage usually around the holes) as you can, else it gets stuck in the grinder. Cut up and put through with eggs and onion, salt again to taste, and add chicken fat to moisten as used. (Sometimes I wait till I am ready to serve it.). (By the way, after all liver goes through grinder, put a small piece of bread in to force last liver bits through.)

Refrigerate, but bring to room temperature before serving (20-30 mins.)

(This lets the chicken fat inside melt a little and get softer, so wait till this happens before you decide if it needs more fat or not.)

I'm sure I've told you more than you want to know now (Tell me what else you want - - - -\*)

# Gefilte fish

Submitted by Steve Bell

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*This is my mother's basic recipe. She would make it every year for both the High Holidays and Passover. She had been using the same pots for decades, and my daughter is now using them when she makes the fish. My mother always had an issue with the proportions of the three fishes: Many people increase the white fish because it makes the gefilte look better, but the carp is where most of the flavor is. She would usually increase the amount of carp, and reduce the white fish by the same amount. It comes out a bit "yellower" but tastes MUCH better!*

# Gefilte Fish

## *Ingredients*

1 lb.. white fish  
1 lb.. carp  
1 lb.. pike  
2 med. onions  
1 small carrot  
3 eggs, well beaten  
2 tsp. salt  
¼ tsp. white pepper

## *Ingredients*

1 tsp. sugar  
3 T. Matzo meal  
Fish heads, skin and bones  
1 tsp. salt  
½ tsp. pepper  
Pinch of sugar  
1 carrot, peeled and sliced

# Gefilte Fish

## Directions

Have fish market fillet the fish, saving the heads, skin, and bones. Put the fish heads, skin, and bones in a large kettle. Add 2 quarts cold water, 1 tsp. salt, ½ tsp. pepper, and a pinch of sugar. Bring to a boil for 30 minutes to an hour.

Put the fish and 1 onion and 1 sm. carrot through the food grinder, using the fine blade. In fact put it through the grinder twice. Place fish in a large mixing bowl. Stir in eggs, 2 tsp. salt, ¼ tsp. pepper and 1 tsp. sugar. Gradually add water to make a soft mixture (about 1/3 C.). Stir in Matzo meal. Mix thoroughly.

Take the pot of fish heads, etc. from the stove, and remove the contents, retaining the fish broth. (Strain all the bones, etc. thoroughly.). Carefully, make balls of the fish mixture and place in the boiling broth. Add 1 whole onion and the sliced carrot. There should be enough liquid to cover the fish, if necessary add more boiling water. Cover the kettle and bring to a rapid boil. Uncover and reduce heat. Simmer for about 2½ hours. Shake the pot every 20 mins. so that the fish will cook evenly and will not stick. Carefully remove the fish to a serving platter. Strain the fish stock and place in an open bowl.

Arrange carrot slices around the fish. Cool and refrigerate the stock until it jells. (If you're lucky, and the fish is cooperative.)

This recipe should make 8 pieces of fish.

You can double and triple this recipe. I've gone as far as 8x (24 lbs.. of fish) and ended up with 65 pieces. (No adjustment is necessary in any of the ingredients, except maybe the carrots in the fish mix – subtract one, over 18 lb.s.)

Serve with horseradish and challah – except on Pesach. (How can you mop up fish sauce with Matzo?)

# Gravlax

**Submitted by Margaret Aaker**

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# Gravlax

## ***Ingredients:***

3 pounds fresh salmon, center cut

1 large bunch of dill, plus 1/4 cup chopped dill for serving,  
(less if you use dried dill)

(optional) I also use instead of fresh dill, dried or in the  
produce departments,

1/2 cup kosher salt or fine sea salt

1/2 cup sugar

2 tablespoons white peppercorns, crushed or ground white  
pepper

(I have a white peppermill, with just white peppercorns  
inside of it).

Thin slices of lemon for garnishes and Pumpernickel bread,  
for serving

*Mustard Sauce, recipe follows*

## ***Process***

1. Cut the salmon in half crosswise and place half the fish skin side down in a deep Pyrex glass dish. Wash and shake dry the dill and place it on the fish.
2. Combine the salt, sugar, crushed white peppercorns, in a small bowl and sprinkle it evenly over the piece of fish. Place the other half of salmon over the dill,
3. skin side up.
4. Cover the dish with saran wrap. Place a smaller pan on top of the foil and weight it with some heavy cans. or a brick. Refrigerate the salmon for at least two and up to three days. A liquid will form in the bottom of the dish after that period of time.
5. After the salmon has ended its marinating period, gently wash it in cool water, so to get the salt/sugar residue, from the salmon. With a long thin non-serrated slicing knife, slice the salmon from the narrow of tail to the other side of the fillet. The slices should be thin. Enjoy with the mustard sauce and the other components.

# Gravlax

## ***Ingredients:***

### ***Mustard Sauce:***

1/4 cup Dijon mustard

3 tablespoons sugar

2 tablespoons white wine vinegar

1/3 cup olive oil (I use canola oil)

3 tablespoons chopped fresh dill, or dried or fresh that I mentioned in the above ingredient listing

## ***Process***

Combine the mustards, sugar, and vinegar in a small bowl. It should be sweet and sour-like. Slowly whisk in the oil and stir in the chopped dill. Serve with the gravlax.

Yield: 3/4 cup.

Serve the gravlax with dark pumpernickel bread and mustard sauce. (optional) You can also serve it with goat cheese, chopped red onion and capers, if desired.

# **Roshinkes mit Mandlen**

**Submitted by Jean Friedman**

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*My Russian grandmother used to bake MANDLEBROT which is very much like Biscotti.*

*In this recipe I included Raisins and Almonds. Below is the recipe passed down by my aunt.*

*Many things can be added or substituted, like walnuts and chocolate chips.*



# Roshinkes mit Mandlen

## Ingredients

5 eggs  
1 cup sugar  
1 cup oil  
1 tsp. Baking Powder  
1 cup chopped or sliced almonds  
1/2 cup golden raisins  
1 tsp. Vanilla  
2 cups flour

## Directions

Beat eggs  
Mix all ingredients together  
Pour into a well greased pan  
Bake at 350 degrees until it turns brown (about 45 minutes)  
Take it out of the oven and slice it into pieces about 1/2 inch thick and 2 1/2 inches wide  
Put back into the oven at 250 degrees.  
Bake it until the pieces are nice and brown.

*Great dunked in coffee!*

# **Salmon Mousse**

**submitted by Steve Bell**

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*This is my go-to when attending a party. I have different sizes of “fish” molds, depending on the size of the party. People expect it, and it’s always a big hit.*

# Salmon Mousse

## Ingredients

1 can tomato soup  
2 envelopes unflavored gelatin  
1 large cream cheese  
1 cup mayonnaise  
Juice of 1 lemon  
1 large can Salmon (I now use two envelopes of boneless salmon)  
½ cup chopped celery  
Medium onion, grated  
Dash (or 3) Tabasco sauce

## Directions

Combine tomato soup and gelatin, and heat

Beat cream cheese and mayonnaise together

Mix with tomato soup mixture, and add the rest of the ingredients

Mold and chill overnight

Serve with Table Water Crackers

# Spinach Dip

Submitted by Steve Bell

*This is a great recipe, and so much more tasty than many other versions I've sampled. It's always a hit at parties!*

# Spinach Dip

## *Ingredients:*

3 packages chopped spinach  
16 oz. Sour cream  
1½ cups mayonnaise  
1 medium onion, chopped  
2 packages Lipton County Vegetable Soup Mix  
2 – 1 lb.. loaves Corn Rye Round Bread

## *Directions*

Defrost spinach, drain and squeeze until all water is removed

Mix together with the remaining ingredients

Refrigerate for 24 hours

Cut open the Rye Bread by making a circle with the knife, held at an angle, into the top of the bread.

Take out the bread in the center, and cut into bite-size pieces. (Cut the top, which you have removed, and the other loaf)

Fill the bread with the Spinach Dip, and place bite size pieces around the bread on a plate, and serve.

# Comfort Food

Lunch Dinner & In-between

"Food brings people together on many different levels. It's nourishment of the soul and body; it's truly love." – *Giada De Laurentiis.*

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# **Broccoli and Mushroom Soup**

**Submitted by Barbara Ostroth**

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# Cream of Broccoli and Mushroom Soup (Barbara Ostroth)

## Ingredients

1 head of broccoli  
1 onion (small or medium to taste)  
Margarine, butter or Pam spray  
6-8 mushrooms  
1 large potato  
1 tsp cinnamon  
½ tsp nutmeg (optional)  
salt & pepper  
2 cans or 1 large box of chicken stock/broth  
1 pint Half & Half or light cream

## Instructions:

1. In large pot, heat up chicken stock to a boil, then lower heat. Cut up broccoli into small chunks/sprigs and cook in chicken stock for about 15-20 minutes.
2. Peel potato, dice into small cubes and add to broccoli mixture.
3. Spray saucepan with Pam or heat up with 1-2 tsp. of margarine or butter. Slice the mushrooms and onion and sauté for about 5 minutes, then set aside.
4. When broccoli and potatoes are softened, transfer them with a slotted spoon to a Food processor, leaving chicken stock in reserve in the pot. Add the mushrooms and onions (keep a spoonful or two of mushrooms & onions aside to add at the end) and process till smooth and most chunks are gone. Add the cinnamon, salt, pepper and nutmeg and process again for a minute.
5. With a scraper, transfer the mixture back to the hot chicken stock and stir in.
6. Turn off heat, and add the Half & Half or light cream, mushrooms and onions left in reserve and stir. Season more to taste and serve with hot rolls, croutons, etc.

# Chicken Soup

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# Jewish Chicken Noodle Soup

Submitted by Ellen Ray

*I grew up eating chicken soup on every holiday and family occasion, and I continue this tradition today. My grandmother called it “Jewish medicine” because the hot broth is very soothing when you don’t feel well. I usually serve chicken soup with fine egg noodles, but on Passover I serve it with matzoh balls instead. Chicken soup can be a first course or an entire meal depending on how much vegetables and chicken you serve with the broth.*

# Chicken Noodle Soup

*(Cook one day in advance of serving)*

## *Ingredients*

1 medium chicken cut into pieces  
Carrots, celery, and parsnip cut into bite-sized strips  
(a huge handful of each)  
1 whole onion  
1 bunch of dill  
1 whole tomato  
1 can of chicken broth  
Salt and pepper to taste  
Fine egg noodles or matzoh ball mix

1. Place the chicken pieces into a large pot and cover them with water.
2. Bring the water to a boil. Cook the chicken for approx. 45 minutes.
3. Add the vegetable strips, whole onion, bunch of dill, whole tomato, chicken broth, and spices. Cook (with the chicken) for another 45 minutes.
4. Use a colander to strain the broth into a medium sized pot. Discard the tomato and the dill. Place vegetables in one large bowl. Remove skin from chicken pieces; cut strips of chicken and place in another large bowl.
5. Refrigerate broth overnight. The next day, skim some of the fat from the top of the pot.
6. Cook the noodles or matzoh balls.
7. To serve the soup, heat the broth. In each bowl, place vegetables, chicken, and noodles or matzoh balls, and pour the broth over it. Enjoy!

# Matzo Balls

Submitted by Steve Bell

*This book already has a recipe for Chicken Soup. This is what you would put in it! This is from my mother – who was an expert!*

# Matzo Balls

## Ingredients

4 eggs, well beaten

½ cup cold water

1 tsp. salt

1 tsp. sugar

½ tsp. nutmeg

1 cup matzo meal

1/3 cup melted schmaltz (warm, not  
hot)

## Directions

1. Mix eggs, water, salt, sugar and nutmeg.
2. Add schmaltz and beat well with fork or whisk.
3. Add matzo meal and mix thoroughly. (It will be loose).  
Allow to stand at room temperature for one hour. If it is still very loose, add up to ¼ cup of matzo meal – a little at a time.
4. Put in refrigerator for several hours.
5. Wet hands and take a soup spoon of batter, roll into a small ball and drop into boiling water.
6. Cook in rapidly boiling salted water for 25 minutes.
7. Remove from liquid and serve in chicken soup.
8. This should make about 10 matzo balls. (They will be a good size, as they grow in the boiling.)

# Michel's Chili

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# Super Bowl Chili Con Carne

Submitted by Michel Kinter

*Roughly forty years ago, my wife and I were visiting her family in Michigan. One day, my mother-in-law made chili for dinner. It was so good, I asked her for the recipe. Over the years since then, I have dined in on that recipe, a hearty meal, simple to prepare, great for large gatherings. It has become a Super Bowl Sunday tradition. Recently, when we were in Michigan again, I reminded my mother-in-law (still lucid, at 96) of that and she looked at me and said, "I gave you a recipe for chili?" Well, she did and here it is, though I have modified it, adding a bit more spice.*



# Super Bowl Chili Con Carne *(Serves 10 - 12)*

## Ingredients

2 lbs.. ground beef  
1 can (15 oz.) of Hormel Chili with Beans (or other favorite brand)  
2 cans (15 oz. each) of red kidney beans (drained)  
1 can (28 oz.) of crushed tomatoes  
3 tbsp. olive oil  
1 tbsp. garlic powder  
1 tbsp. chili powder  
1 tbsp. cayenne pepper  
1 pinch crushed red pepper  
1 large Spanish onion (chopped)

## Directions

Over a medium flame, heat 3 tbsp. of olive oil in a large skillet and brown the beef, stirring constantly, adding 1 tbsp. of garlic powder as it cooks.

In a large pot over a low flame, combine the cans of chili with beans, crushed tomatoes, and both cans of (drained) kidney beans. Once all of the beef is browned, ***drain the fat*** into one of the empty cans and transfer the beef into the pot. Stir until all ingredients are well blended, adding the chili powder, cayenne pepper, and just a pinch of crushed red pepper. Cover and simmer for an hour, or more, stirring frequently.

Serve *piping hot* in a deep bowl, or crock, over brown rice, or with cornbread on the side, or tortilla chips, and top with a sprinkle of chopped raw onion.

***Goes great with a cold brew!***

# **Bread & Justice Chili**

**Submitted by Patrick Montessano**

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# Patrick's Chili Story

*Doesn't everyone have at least one go-to recipe for chili con carne? Really, what's not to like? It's satisfying, can be as spicy as you like – or dialed down. And it's simple enough to feed a crowd from one big pot.*

*This recipe evolved over the years in the Community of Bread and Justice (CBJ), one of the many groups that have volunteered to cook and serve at the Hoboken Shelter, a cooperative effort of local activists and clergy that was established in 1982. One of the members of CBJ, Sister Norberta Hunniwinkel, was a driving force in establishing the shelter and she encouraged and welcomed support for the growing number of hungry and homeless people in Hoboken in the 1980s and beyond.*

*Many families associated with CBJ, including our own, raised their children in the Community and provided them with opportunities for education, worship, and service – in particular, cooking and serving at the shelter. Throughout the years, on one or more Saturdays each month, several CBJ families cooked the chili, using this recipe; then one or more families delivered the chili and fresh salad ingredients and served it to the shelter's many guests (75-100 people on any given night). The servers and guests would often joke about the “never-ending chili pot,” since there always seemed to be more than enough for seconds and thirds.*

# Bread & Justice Chili Con Carne

## Ingredients

2 tablespoons of oil  
2 pounds of ground beef  
1 large onion, chopped  
1 clove garlic, diced  
1 28-ounce can of crushed tomatoes  
1 two-pound can of kidney beans  
1 tablespoon of chili powder (more or less to taste)  
1 bay leaf  
salt and pepper to taste

## Instructions

Heat the oil and brown the beef and onion. Drain extra fat.  
Add the remaining ingredients, bring to a boil, then simmer for 10 to 15 minutes.  
Adjust the seasoning and serve with rice and a hearty salad.

***For more information about the Hoboken Shelter, go to [HobokenShelter.org](http://HobokenShelter.org), and please donate whatever you can.***

# **Gail's Chili with Pink Beans & Cocoa**

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# Gail's Chili

Submitted by Gail Smith

*I grew up eating the chili that my mother used to make, and I thought it was pretty good! However, I really don't like kidney beans. One day when I lived in LA, I came across a bag of dried pink beans. I never had them before and decided to make them and discovered my perfect bean for chili from scratch! Pink beans are nutty and go well with the onions and garlic and cocoa that go along with my recipe! (yes, I said cocoa). Garnished with a little sour cream and shredded cheddar/jack cheese, and nothing warms you better or soothes your soul like a bowl of chili!*

# Chile with Pink Beans – serves many!

## *Ingredients*

1 bag dried pink beans  
2 tablespoons of chili powder  
1/2 tablespoon of ancho pepper  
½ tablesspon chipotle pepper  
Cayenne pepper to taste  
1 tablespoon of sugar  
2 bay leaves  
1 28-ounce can of crushed tomatoes  
2 tablespoons of vegetable or olive oil

## *Ingredients*

2 pounds of ground beef  
1 tablespoon cumin  
1 large onion, minced  
4 cloves garlic, diced  
Chopped fresh cilantro (1 bunch)  
2 tablespoons of cocoa powder  
Sour cream  
Shredded cheddar cheese  
Cooked rice  
salt and pepper to taste throughout

***Directions:***

Rinse the pink beans thoroughly in cold water. Place beans in a pot and cover with about three inches in water. Over high heat, bring the water to a boil. Once boiling, turn the heat down to medium low, add the peppers, add salt to taste and simmer until beans are tender, approximately two hours. You may need to add water as the beans cook so that it doesn't run out. Once the beans are tender, add the tomatoes and sugar and continue to simmer.

Brown the ground beef, cumin and onions in the oil at medium-high heat. Add the garlic to the meat, taking care not to let it burn, about 2 minutes, stirring constantly. Stir in the fresh cilantro and remove from the heat. Add meat mixture to the beans, add the cocoa and then simmer for another 30 minutes on low heat.

Chili can be served with or without rice, add a dollop of sour cream and some cheese for variety, You can also eat with diced avocados. These things help cool your mouth if you made the chili too spicy!



# French Onion Soup

Submitted by Margaret Aaker

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# French Onion Soup

## Ingredients

2 lbs. medium onions, halved lengthwise, then thinly sliced lengthwise  
3 sprigs fresh thyme  
2 Turkish bay leaves or 1 California  
3/4 teaspoon salt  
1/2 stick (1/4 cup) unsalted butter  
2 teaspoons all-purpose flour  
3/4 cup dry white wine  
4 cups reduced-sodium beef broth (32 fl oz)  
2 to 3 tablespoons of Dijon mustard  
1 1/2 cups water  
1/2 teaspoon black pepper  
6 (1/2-inch-thick) diagonal slices of baguette  
1 (1/2-lb) piece Gruyère, Comte, or Emmental  
2 tablespoons finely grated Parmigiano-Reggiano

# French Onion Soup

## Preparation

1. Cook onions, thyme, bay leaves, and salt in butter in a 4- to 5-quart heavy pot over moderate heat, uncovered, stirring frequently, until onions are very soft and deep golden brown, about 45 minutes. Add flour and cook, stirring, 1 minute. Stir in wine and cook, stirring, 2 minutes. Stir in broth, mustard, water, and pepper and simmer, uncovered, stirring occasionally, 30 minutes.
2. While soup simmers, put oven rack in middle position and preheat oven to 350°F.
3. Arrange bread in 1 layer on a large baking sheet and toast, turning over once, until completely dry, about 15 minutes.
4. Remove croûtes from oven and preheat broiler. Put crocks in a shallow baking pan. \*
5. Discard bay leaves and thyme from soup and divide soup among crocks, then float a croûte in each. Slice enough Gruyère (about 6 ounces total) with cheese plane to cover tops of crocks, allowing ends of cheese to hang over rims of crocks, then sprinkle with Parmigiano-Reggiano.
6. Broil 4 to 5 inches from heat until cheese is melted and bubbly, 1 to 2 minutes.

\* Cooks' note:

Soups and croûtes can be made 3 days ahead (but do not add croûtes and cheese to soup); cool completely, uncovered, then chill soup, covered, and keep croûtes in an airtight container at room temperature. Reheat soup before proceeding with recipe.

# Noonie's Gumbo

Submitted by Gail Smith

*Eunice Dorsey “Noonie” to her family, was from Baton Rouge, Louisiana. She was an excellent cook who was generous enough to share her gumbo recipe with me. Now I will warn you that the art of gumbo is not about the measurements. You have to use your instincts and what you know about the taste of food. This has become a New Year's Day tradition in my house and I have made it every year for at least the last 25 years!*

*\*Please note that the measures are not exact, you have to taste and adjust accordingly.*



# Gumbo Ingredients: *Serves at least 12*

## Ingredients

4 lbs. of whole chicken wings  
2 lbs. of stew beef, chuck roast or beef necks  
2 lb. of shrimp  
2lbs of snow crab or 32 oz. lump crab meat  
1 lb. chorizo or Louisiana hot sausage (optional)  
16 oz fresh-canned oysters (optional)  
Better than bouillon (chicken and beef)  
15 oz. can crushed tomatoes  
10 oz bag of frozen okra

## Ingredients

1 large onion diced  
1 green bell pepper diced  
6 cloves garlic diced  
3 bay leaves  
File (spice)

## Roux

1 cup flour  
1 cup vegetable oil

Cooked rice

# Noonie's Gumbo

## *Directions*

1. Place wings in a large stock pot and stew on medium heat in about 6 cups of water and simmer until the meat falls off of the wings. Add one tablespoon of Better than Bouillon (chicken), as the meat simmers. Remove from the stove and let cool
2. Remove the chicken from the pot. **Do not discard the broth.** Separate the chicken meat and skin from the bones and return to the pot. (Discard the bones)
3. Place the beef stew in a separate stock pot and simmer in about 4 cups of water and 1 tablespoon of Better than Bouillon (beef), on medium heat, until the meat is fall-apart tender.
4. Combine the beef and the chicken into one very large stock pot.
5. Add the crushed tomatoes, sausage and bay leaves, and simmer on low.

# Noonie's Gumbo continued

## Directions

1. Combine the two ingredients for a roux in a saucepan and whisk until smooth
2. Heat on medium-low, stirring constantly so it won't burn, until it turns a caramel to mahogany color. This can take about 30 minutes. Remove from heat.
3. Carefully add onions peppers and garlic to the roux, stir to mix and simmer until vegetables are soft, about 10 minutes.
4. Add the roux and 2 teaspoons of file to the stock pot and continue simmering for about 45 minutes
5. Add okra and continue to simmer for another 20 minutes
6. Add 2 more teaspoons of file
7. Add crabmeat, shrimp and oysters and simmer for 20 minutes, season with salt and pepper to taste.

*Serve in a bowl with or without cooked rice*



# Meat Sauce

Submitted by Margaret Aaker

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# Meat Sauce (for pasta of your choice)

## *Ingredients*

Lots of chopped garlic, about 7 cloves

A large onion coarsely chopped

3 tablespoons of olive oil

A pound of chopped meat

A pound of Italian chopped sausage

2 cans of good quality Italian tomatoes

1 can of tomato paste

A half cup of dry red wine

Spices: tablespoon of each, dried basil, parsley, oregano, 2 bay leaves,

4 shakes of cayenne pepper, a teaspoon of sugar

A teaspoon each of salt and coarse black pepper to taste

# Meat Sauce (for pasta of your choice)

## *Preparation*

In a heavy large pot, add the olive oil and set the heat on a middle heat. Add the chopped garlic and onions and sauté them until they become softened about 4 minutes. Then add the chopped meat and break it up, like it's crumbling. Brown it with the garlic and onions, and when everything that you see looks browned without red meat color and sausage, add the tomatoes, and crush them with a long cooking fork and add the tomato paste and all the spice seasoning.

Add the dry red wine and simmer over a low heat for about an hour or so. Stir the sauce several times so that it doesn't burn on the stove and ruin your heavy pot. It should smell very garlicky and yummy. Check your sauce to see if you need to add anymore salt or pepper. But don't put in too much salt, so that each person can do it at the table when you serve it.

Make pasta al dente and serve with a salad.

# Vodka Sauce

Submitted by Fern Wilensky

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# Vodka Sauce (for pasta of your choice)

## *Ingredients*

2 tablespoon butter

5 shallots (chopped fine)

1/8 teaspoon red pepper flakes

4 fluid ounces vodka -(use good vodka)

1 cup cream heavy

28 ounce can of crushed tomatoes

4-6 ounces of grated parmesan cheese

# Vodka Sauce (for pasta of your choice)

## *Preparation*

Sauté the shallots, over medium heat, in the butter until clear (don't burn the butter)

Add the vodka and red pepper flakes and 'simmer' a few minutes (to let the alcohol escape)

Add the crushed tomatoes and reduce the liquid

*The next step, you do till the sauce has the right color pink that you desire (in other words, taste it, stop adding if OK)*

When the consistency is moist (not quite a paste), add cream, a little at a time, while constantly stirring

When sauce is complete, just before serving add and stir in some parmesan cheese

*Serve mixed and over a pasta (penne and rigatoni are good choices)*

# A Place at the Table

Entrees

*"One cannot think well, love well,  
sleep well, if one has not dined well."  
- Virginia Woolf*

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# Fijones (Beans) & Arroz Con Tomat

Submitted by Anita bluestone

*This recipe comes from the Sephardic Jewish tradition. It was a meal typically served on Friday nights or in my family on special occasions. Sephardi refers to the Jews who inhabited the Iberian peninsula (Spain and Portugal).*

*After the expulsion of Jews in the late 14th and early 15th centuries, Jews migrated to different parts of the Mediterranean, including Turkey, Greece and Syria. Thus, the dishes are a melding of the recipes from Spain and the countries they migrated to. In my family's case, my grandparents lived in Salonica Greece, which was part of Turkey at the time. Therefore, many of our dishes reflect those regional flavors and recipes.*



# Fijones & Arroz Con Tomat

## **Fijones**

1 1/2 cups of dry beans (great northern or small white navy beans)

2 onions

4 tbsp oil

1/2 cup tomato sauce

Salt and pepper to taste

8 cups water

1 lb. short ribs (optional) but adds great flavor

Wash and rinse beans. Saute onions in oil till clear. Add remaining ingredients.

Bring to boil and cook for about 4 hours or until tender. Serves 4

## **Rice with Tomato**

1 cup rice

1/2 cup tomato sauce or 1/2 can tomato paste

1 1/2 cup water ( I use chicken or vegetable broth instead to add more flavor)

2 tbsp oil

1 tsp salt

Heat oil and tomato paste. Then add rice and mix all well for a minute or two.

Add rest of ingredients and bring to boil.

Stir and cover

Lower flame and allow to simmer about 20 minutes or until most liquid has been evaporated.

Let sit for a few minutes and then still gently with a fork to separated grains of rice. Serves 4

# **Fried Chicken**

**Submitted by Gail Smith**

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*This is one variation of fried chicken. I like marinating it in buttermilk because the chicken always turns out juicy and moist. The beauty is that you can add and subtract any spices you like in your chicken. Fried chicken is great for dinner, snacks, picnics...*

*The key to success is having a well-seasoned, old-fashioned cast iron skillet!*

# Fried Chicken

## ***Ingredients:***

4 lbs. of chicken cut into parts (or simply use the parts that you like)

### **Buttermilk Soak**

3 cups buttermilk

2 tablespoons kosher salt

1 tablespoon freshly ground black pepper

If you like spice add cayenne to taste

### **Flour Dredge**

2 cups all-purpose flour

1 teaspoon onion powder

1 teaspoon garlic powder

1 teaspoon kosher salt

1 teaspoon freshly ground black pepper

1/2 teaspoon smoked paprika

Vegetable oil, for frying

## ***Process***

In a bowl or sealed plastic bag combine the buttermilk soak ingredients and add chicken. Coast the chicken well and marinate in the refrigerator for 2-4 hours.

Combine the flour and seasonings for the flour dredge in a large paper bag (plastic works too).

Take a piece of chicken from the buttermilk, let the excess drip off and then run it through the flour. Place on a rack to rest. Repeat this for each piece until finished. Chicken should rest 15-30 minutes.

Ideally using a deep cast iron skillet, heat 1 inch of vegetable oil to 350 degrees. Fry the chicken in batches so your oil temperature does not get too low.

Fry until the chicken is 160 degrees, about 15 minutes.

Place the chicken on a rack or tray lined with paper towel to absorb the excess oil.

Enjoy hot or room temperature with your choice of sides

# **Lemon Herb Mediterranean Chicken and Potatoes**

**Submitted by Anita Bluestone**

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# Lemon Herb Mediterranean Chicken and Potatoes

## Ingredients

1/4 cup lemon juice or juice of 1 lemon  
3 tablespoons olive oil, divided  
1 tablespoon red wine vinegar  
4 large garlic cloves, crushed  
3 teaspoons dried basil  
2 teaspoons dried oregano  
2 teaspoons dried parsley  
1 large zucchini sliced  
2 teaspoons salt  
8 baby potatoes, halved  
1 red onion, cut into wedges  
1 red bell pepper deseeded and cut into wedges ( I leave this out) and use a regular red pepper.  
4 tablespoons pitted Kalamata olives  
Lemon slices to serve

# Lemon Herb Mediterranean Chicken and Potatoes

## *Directions*

1. Pat thighs dry with paper towel. In shallow dish combine lemon juice, 2 tablespoons of olive oil, vinegar, garlic, basil, oregano, parsley and salt. Pour out half of the marinade and store in a jar to use later.
2. Add the chicken to the marinade in the dish and coat evenly. Cover and marinate for about an hour or overnight, turning chicken thighs occasionally.
3. Preheat oven to 430F. Heat the remaining 1 tablespoon of olive oil in a large oven proof pan or skillet over medium-high heat. Sear the chicken on both sides until browned. (About 4 minutes each side. Drain some of the excess fat, leaving about a tablespoon for added flavor.
4. Arrange the potatoes and vegetables around each chicken thigh. Drizzle the vegetables with the remaining marinade, tossing them through the oil mixture to evenly coat.
5. Cover skillet or dish with lid or foil and bake until potatoes are soft and chicken is cooked through (about 35 minutes). Change oven setting to broil on a medium heat setting; uncover and cook for about 5-10 minutes or until chicken and potatoes are crispy and golden brown.

Serve with olives and lemon slices.

# Ma Po Tofu

Submitted by Mei Lu

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# Ma Po Tofu

## Ingredients

2 tbsp Doubanjiang or Oyster sauce  
1/4 lb. Ground pork  
1 lb. Tofu  
Scallion, ginger, garlic  
Chili sauce, sesame oil (add for flavor)

## Directions:

Cook the ground pork with Doubanjiang or Oyster sauce. Once pork is cooked, add chopped scallion, chop diced tofu and stir a few times.

Add some cornstarch to thicken the sauce.

# Best Meatloaf Ever

Submitted by Barbara Ostroth

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# Barbara's Best Meatloaf Ever!

## Ingredients

1-2 lbs. ground beef or ground turkey

$\frac{1}{4}$ - $\frac{1}{2}$  yellow onion

1 cup any Italian bread crumbs

1 cup any oatmeal

$\frac{1}{2}$  cup BBQ sauce

Worcestershire sauce

1 grated carrot

1 egg

# Barbara's Best Meatloaf Ever!

## Preparation

1. Chop and dice onion.
2. In large bowl, place ground beef/turkey, oatmeal, bread crumbs and egg.
3. Add diced onion and grated carrot, and mix with fork or hands.
4. Add several dashes of Worcestershire sauce and the BBQ sauce to the beef mixture, and
5. mix together.
6. Press into any size loaf pan, making a depression around the edge with your finger (for
7. juices).
8. Bake for 45 minutes at 375 degrees.

# **Mexican Lasagna**

**Submitted by Brian & Elissa Slomiak**

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# Mexican Lasagna

## *Ingredients*

1 pound ground beef or ground turkey  
1 medium yellow onion diced  
2 teaspoons minced garlic  
1/4 cup taco seasoning (if you don't want to buy pre-packaged, you can make your own)  
1/2 cup water  
1 14.5 oz. can fire roasted diced tomatoes do not drain  
4 oz. can green chiles  
8 corn or flour tortillas  
6 cups shredded cheese jack and cheddar  
1-2 medium tomatoes diced for garnish  
1 bunch of green onions sliced for garnish  
Sour Cream for serving  
Guacamole for serving  
Diced Black Olives for serving  
Salsa for serving

## *Homemade Taco Seasoning Ingredients*

1/4 cup chili powder  
1 teaspoon garlic powder  
1 teaspoon onion powder  
1/4 teaspoon of cayenne pepper  
1 teaspoon dried oregano  
2 teaspoon paprika  
2 Tablespoons ground cumin  
4 teaspoons salt  
2 teaspoons black pepper  
crushed red pepper flakes , optional  
Mix all spices together until well combined.  
Use immediately or store in an airtight container in your spice cupboard and use as needed. Use 2 tablespoons in place of one "packet" of taco seasoning, or to season 1 pound of meat.

# Mexican Lasagna

## *Instructions*

1. Preheat the oven to 350 degrees Fahrenheit. Spray a 9x13 casserole dish with non-stick cooking spray and set aside.
2. Cook ground beef and onion in a large skillet over medium heat until the meat is browned and the onions softens.
3. Add minced garlic to the skillet and saute for 1-2 minutes longer.
4. Add taco seasoning and water and stir over medium heat until well combined.
5. Stir the tomatoes (juices included), green chiles into the meat mixture and heat through.
6. Line the prepared baking dish with 6 tortillas, overlapping slightly to cover the bottom of the casserole dish.
7. Spread  $\frac{1}{3}$  of the meat mixture over the tortillas. Sprinkle 2 cups of the cheese over the meat mixture.
8. Continue layering corn tortillas, meat mixture, and cheese to form three layers total.
9. Cover with aluminum foil and bake for 30-40 minutes until the casserole is bubbly and the cheese is fully melted.
10. Garnish with diced tomatoes and green onion. Let the casserole sit for 10 minutes for easy slicing and serving.
11. Serve with sour cream, guacamole, salsa, and black olives.

# Pissaladiere

Submitted by Nadege Stretz

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*This dish allows me to travel to Nice, France without leaving my kitchen. It is a healthy comfort food that I make every time I can.*

# Pissaladiere

## Ingredients

¼ cup of olive oil

2 lb.. onions

1 tbsp herbs de Provence and/or thyme

Salt and Pepper (optional)

14 ounces of Pizza dough

1 cans of flat anchovies

1 handful of black olives (niçoises if possible)

## Directions

Peel and thinly slice the onions. Cook in a large pan with the olive oil, herbs, salt and pepper on low heat until the onions become pan during the first 15 minutes but then remove the lid to allow the excess liquid to evaporate. Remove from heat.

Preheat the oven to 400 °F. Drain the anchovies.

Fill a 10x14-inch baking pan with parchment paper. Stretch the pizza dough to cover the pan. Cover the dough with the onion Bake for 30 minutes.

Serve warm or at room temperature, cut in squares as an appetizer or with a salad as a main course.

# **Maple Salmon**

**Submitted by Sue Akiska**

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*Since 2015 my daughter has been hosting a large Christmas eve sit down dinner for 25 to 30 guests, most are her husband's Puerto Rican family. I made this recipe with 5 full sides of salmon in 2015 for the dinner, to be sure to have enough and not a crumb was left. The next year I wanted to try a different salmon recipe and was told everyone was looking forward to the maple salmon and would be disappointed if I made something else, so this is the salmon I make every year. During COVID in 2021 we were visiting my son after his daughter was born and I made this salmon for them which included his in-laws and now this recipe has become their go to salmon recipe. Maybe this Maple Salmon will become a tradition for your family..*

# Maple Salmon

## Ingredients

- 1/3 cup real maple syrup
- 4 tablespoons soy sauce or tamari
- 1 clove garlic, minced
- 1/4 tsp salt or onion salt
- 1/4 tsp ground black pepper
- 1-1 1/4 lb. salmon filet
- 3 scallions sliced in 1/4 inch pieces

## Directions

In a small bowl mix all the ingredients for the marinade. Place the salmon in a shallow glass baking dish, pour the marinade over the salmon and refrigerate 30 minutes, turn the filet over and refrigerate 30 minutes more.

In the meantime, preheat the oven to 400 degrees. Transfer the marinated salmon to a greased baking dish (save the marinade). Put salmon in the preheated oven and bake uncovered for 15-20 minutes (depending on the thickness of the fish).

While the salmon is in the oven, pour the marinade into a saucepan. Bring marinade to a boil over medium-high heat stirring frequently. Once it reaches a boil, reduce heat slightly and allow to cook for several minutes until reduced to 1/4 cup. Place salmon on a serving dish, drizzle with reduced marinade (glaze) and garnish with sliced scallions.

# Steak

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# Steak au Poivre

Submitted by Margaret Aaker

*This is my signature meal that I've made since Jack, and I started to date in 1971.*

# Steak au Poivre

## Ingredients

2 Good Rib-eyed steaks, ½ lb. each  
Good cracked black pepper or  
McCormick's Montreal pepper mixes  
Salt to taste on seasoning raw steaks  
Olive oil  
3 tablespoons of Dijon mustard  
2 bunches of scallions finely chopped  
or  
3 finely chopped shallots if you can't  
get scallions  
2 tablespoon of green peppercorn  
(jarred)  
¼ of cup of heavy cream  
3-4 tablespoons of Brandy, (not  
expensive type)

## Directions

1. In a heavy skillet add some olive oil and brown your seasoned meat to the way you like them. Remove from the skillet and put on a plate.
2. Add the scallions or shallots and soften them slightly. This is the stage that you're making the cream sauce. Add the mustard, some salt for your tasting and freshly mill ground pepper and stir. I shut the heat off and add the brandy, and cream and stir, so I don't create a fire. After that I return the steaks and put a flame under the skillet, just to coat the steaks a little more.
3. I serve with either a baked potato or tater tots, and a green vegetable. It's a nice weekend meal, with some great red wine.



# Dijon & Fennel Steamed Mussels

Submitted by Margaret Aaker

*This is a quicky made entrée, but the prep might take a while. But it is one of my family's favorites!*

# Dijon & Fennel Steamed Mussels

## Ingredients

A bag of fresh mussels, rinsed in cool water  
1-2 tablespoons of olive oil  
3 large Shallots, roughly chopped  
1 fennel bulb, roughly chopped  
½ cup of heavy cream  
3 tablespoons of Dijon mustard  
½ bottle of dry white wine  
2 or 3 tablespoons of Pernod or Ouzo (It adds the anise flavor)  
2 tablespoons fresh chopped tarragon or dried  
A dash of salt and ground white pepper

Cooked rice or crusty French bread for serving.

## Directions

1. In a large quart or more soup pot, add the olive oil and sauté the chopped shallots and chopped fennel for a few minutes, until they soften.
2. Add the rest of the ingredients: mussels, cream, mustard, white wine, Pernod or Ouzo, tarragon, salt and ground white pepper over the mussels. Cover and simmer over a medium to low heat. It's about 5-10 minutes. You might want to adjust the seasoning. When you open the lid, the mussels should be opened, if they are closed, discard the closed ones.
3. Serve in a large soup bowl, over rice or accompany with crusty bread, to sop up the creamy gravy. A salad would make a complete meal. Also have a communal slop bowl for the shells.

# Stir-fry Chicken with Pinenuts

Submitted by Margaret Aaker

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# Stir-fry Chicken with Pinenuts

## *Ingredients:*

1 lb. of chicken tenders, semi-frozen so that you can either cut into small pieces or slice in a food processor, using the slice disk

1-2 egg whites

2 tablespoons of cornstarch

1 teaspoon of sugar

2 tablespoons of soy sauce

3 tablespoons of either peanut oil or canola oil

*Mix all of the above together and set aside for 1st stage of frying*

## *Ingredients*

1 large piece of fresh ginger, when it's diced should be about 1/3 of a cup or more if you like it more flavorful. (I do it in the food processor)

1 large green jalapeno chili-chopped finely (I do it in the food processor)

10 minced large garlic cloves (I do it in the food processor)

2 bunches of small sliced scallions, I do it by hand

½ to 1 cup of pine nuts

1 cup of chicken stock

1/3 of cup soy sauce

½ cup of Shaoxing Wine or Tawny Port

2-3 tablespoons of peanut oil, or canola oil for large frying pan, or wok

2 tablespoons of cornstarch

***Preparation:***

*You can prep these ingredients in a food processor, so that you can add everything easily when you start cooking, because things go into the skillet or fry pan fast!*

1. Combine wine, chicken broth, cornstarch, and soy sauce in a large measuring cup and set aside
2. Set the wok or large frying pan on the stove, a medium heat and heat up about 3 tablespoons of either peanut oil or canola oil. Add the raw coated sliced chicken pieces and toss them into the pan, making sure that they have been cook thoroughly. Remove the cooked chicken and reserve in a clean container for the next step of preparing the chicken.
3. In the same pan, or wok add a bit more of oil, and add the mixture of minced garlic, ginger, jalapeno pepper and sauté for about a minute or two. Return the cooked chicken and toss with the spiced mixture and coat well. Then add chicken broth/wine mixture and combine everything well. The cornstarch should thicken and coat the ingredients well. Add the pine nuts and finish with the sliced scallions. Sauté about, two more minutes.
4. Serve with white rice and/or lettuce to wrap the chicken in it.

# Sukiyaki

Submitted by Wes Matsui

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# Sukiyaki



*Sukiyaki is the centerpiece dish of my Japanese fundraising dinners for Ethical Culture. Given the Buddhist belief in reincarnation, consuming beef was forbidden, especially if you thought a relative might return as a mammal. During the Meiji Restoration, when Japan opened its borders, the Emperor developed a taste for the forbidden despite this religious taboo. What the Emperor wanted; the Emperor consumed. Sukiyaki is primarily vegetables and serves as a disguise for the vegetables. However, in this picture, the beef is in plain view.*

# Sukiyaki

## *Ingredients:*

*For the Instant Dashi Stock (for diluting the cooking sauce as needed)*

3 cups water

3 tsp Dashi-No-Moto powder (This is a shortcut containing bonito flakes, shiitake mushrooms, and kombu in granular form)

*For the Sukiyaki Sauce (yields roughly 2.67 cups)*

1 cup sake

1 cup mirin

6 Tbsp sugar

## *Ingredients*

1 cup soy sauce

1 bunch of spinach

8 green onions

8 shiitake mushrooms (3.5 oz, 100 g; skip or use other mushrooms)

1 package broiled tofu (yaki dofu) (one package is 9 oz, 255 g; or use medium-firm (momen) tofu)

1 package of bean sprouts

1 package of fu (wheat gluten, a high protein meat substitute in Asian cuisine)



# Sukiyaki

## ***Ingredients:***

1 package shirataki noodles (7 oz, 200 g; or cellophane/yam noodles)

1 lb. thinly sliced beef (chuck or ribeye; Japanese markets such as Mitsuwa Marketplace have packaged sukiyaki beef pre-sliced. Don't get shabu-shabu beef, which is too thinly sliced.) (or slice your meat; skip for vegan/vegetarian and use more tofu, mushrooms, and vegetables)

2 Tbsp neutral oil (or two small pieces of suet (raw beef fat))

***No, these aren't your usual pantry items. Mitsuwa Marketplace in Edgewater, NJ, is an excellent place to find these ingredients!***

### ***For Serving***

Traditionally, each diner has one large raw pasteurized egg in a small bowl as a dipping sauce. So, unless you can purchase pasteurized eggs, skip them for safety reasons. When my mother made sukiyaki, my father opted for the raw egg. Being safety conscious, my mother did not allow this for her three sons.

### ***For the Shime Finishing Course***

Traditionally, rice is served last in a multicourse dinner. You can eat rice and tsukemono (Japanese pickles) if you are still hungry. Another option is to mix 2 servings of udon noodles (cooked and drained) to the sukiyaki. Japanese dry noodles, like udon, ramen, soba, and somen, are wrapped in individual portions.

## *To Make the Instant Dashi Stock and Sukiyaki Sauce*

1. Gather all the dashi and sauce ingredients. Tip: You'll use the dashi and sauce to adjust the seasoning of the broth as you cook. This recipe makes more dashi than you need for this dish, and you'll likely have leftovers.

2. To make the Dashi stock, bring 3 cups water to a boil and stir in 3 tsp dashi powder). Let cool.

3. To make the sukiyaki sauce, combine  $\frac{1}{2}$  cup sake and  $\frac{1}{2}$  cup mirin in a small saucepan. Bring it to a boil, reduce the heat to a simmer, and let the alcohol evaporate for a minute.

Add 6 Tbsp sugar and 1 cup soy sauce and mix. Bring it back to a boil. Completely dissolve the sugar, then turn off the heat and set it aside.

5. Transfer the sukiyaki sauce and dashi to separate pouring containers. Tip: You can make the sukiyaki sauce ahead and store it in an airtight container in the refrigerator for up to a month.

## *To Cook the Beef*

1. A cast-iron sukiyaki pot is the vessel of choice. However, a cast-iron skillet or Dutch oven is an excellent replacement. I used a large steel paella pan in the picture. Heat to medium. When it's hot, add 2 Tbsp neutral oil. Then, pour in barely enough sukiyaki sauce to cover the bottom of the pot, about  $1\frac{1}{8}$ – $1\frac{1}{4}$  inch of sauce.
2. If you purchase pre-packaged sukiyaki beef, the sliced beef will be folded and thin. Cut in half into bite-sized pieces and lay the slices flat in the cast-iron pot without crowding. Cook until half pink and then remove to a plate. Continue cooking the remaining beef slices. (Later, you will add the plated beef to the pot to complete the cooking. If you continue to cook the beef with the additional ingredients, the beef will become tough.)

### *To Cook the Beef (cont.)*

3. Fill the pan with a mixture of sukiyaki sauce and dashi to a depth of one inch. I prefer a 50/50 combination, with the sukiyaki sauce providing the salty-sweet flavor and the dashi providing the umami flavor. Adjust the ratio to your taste. Bring to a simmer.
4. Add the shiitake mushrooms to the pot. I begin with ingredients that warrant longer cooking time. Arrange each ingredient in a pie-shape slice; see the picture above.
5. Add the green onions, spinach (this will crowd the pot, but the spinach will cook down), fu, bean sprouts, and shirataki noodles. With each successive ingredient added, use the flat edge of a turner or a dough bench scraper to push and shape each ingredient into a wedge.

### **To Cook the Beef (cont.)**

6. Continue to add the sukiyaki sauce/dashi to cover barely.
7. Add the plated beef to complete the final wedge of the pie.
8. Crown the “sukiyaki pie” with the tofu and cook another 10 minutes,

### **To Cook the First Round of Sukiyaki**

1. Transfer some of the cooked ingredients to the individual bowls and enjoy the first round of sukiyaki. Taste the food and adjust the seasoning in the pot as needed; drizzle in a bit of dashi or water if it's too salty, or add some sukiyaki sauce if it needs more seasoning. Tip: Adjusting the seasoning as you go is a normal part of cooking and enjoying Sukiyaki.

***To Enjoy the Finishing Course (Shime)***

This tradition falls under the “if you are still hungry” category. Add cooked udon noodles to the remaining broth, vegetables, and beef. Heat the noodles, allowing them to absorb the delicious broth for final consumption and enjoyment..

# Inari (Age) Sushi

Submitted by Wes Matsui

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# Sushi



*My mother's mother, Tomino Soda, used to prepare this type of sushi for the most important holiday, Shōgatsu, the Japanese New Year. Her version included grated carrots in the rice stuffing. This form of sushi has not found popularity among sushi offerings in the United States. However, this delicacy is popular in Japan during Hanami (Cherry Blossom Festival), found in bento boxes, and even at the Japanese equivalent of our Seven-Eleven. Inari Age are seasoned deep-fried tofu pockets. On my recent trip to Japan, I learned that according to Japanese mythology, Inari is the god associated with protecting rice crops. The fox associated with Inari has a dual nature, being malevolent and benevolent. Consequently, worshippers brought the fried tofu to the Inari shrines to appease the foxes and protect the crops.*

# Sushi

*SERVINGS: 12 Inari Sushi (3-4 pieces per serving) Consider doubling the recipe if this is your first time preparing this dish. The fried tofu pockets can be delicate and tear easily when created and stuffed with rice.*

## Ingredients:

### *For the Sushi Rice*

1½ cups uncooked Japanese short-grain white rice (or **2 rice cooker cups**; yields 3½ US cups (660 g) of cooked rice)

1½ cups water (cook the rice on the firm side, as we'll add more liquid with the sushi vinegar seasoning)

¾ cup Grated Carrots

1 piece kombu (dried kelp) (5 g, 2 x 2 inches, 5 x 5 cm per piece; optional, but it will give a pleasant aroma)

## Ingredients

1 piece kombu (dried kelp) (5 g, 2 x 2 inches, 5 x 5 cm per piece; optional, but it

will give a pleasant aroma)

4 Tbsp rice vinegar (unseasoned) (Try Mizkan Natural Rice Vinegar, but don't

use Seasoned Rice Vinegar).

2 Tbsp sugar

1 tsp Diamond Crystal kosher salt

# Sushi

## ***Ingredients:***

### ***For the Inari Sushi***

6 pieces aburaage (deep-fried tofu pouch) Found in the refrigerator section of Japanese markets. There are two sizes, large and small. This recipe is designed for the small version.

1½ cups dashi (Japanese soup stock) (use standard Awase Dashi, dashi packet or powder, or Vegan Dashi)

3 Tbsp soy sauce

3 Tbsp mirin (a sweetened rice wine)

3 Tbsp sugar.

# Sushi

## *Ingredients:*

### *For the Garnish*

Beni Shoga (red pickled ginger, a common condiment for sushi seen at your Japanese restaurant)

Yes, these aren't your usual pantry items. Mitsuwa Marketplace in Edgewater, NJ, is an excellent place to find these ingredients.

### *To Prepare the Age*

1. Fill a pot with water and set to boil.
2. Cut each of the age in half.
3. Start with the cut side, and gently open the pocket to the end.
4. Should the side stick, take a fresh age, and gently “roll” lengthwise with a dowel or round chopstick. This helps to separate the walls of the age, making opening the pocket easier.
5. Par boil the age for two minutes to remove the oil residue from the factory frying. This will result in a cleaner taste. Remove and drain.

### *To Prepare the Age*

6. In a pot, bring the 1.5 cups of dashi stock, three tablespoons of soy sauce, three tablespoons of mirin, and three tablespoons of sugar to a boil.
7. Distribute the age evenly in the prepared stock and cover it with an otoshibuta or drop lid to submerge the age. I've used a small plate to cover. Simmer for thirty minutes.
8. Drain the age in a strainer and keep the remaining liquid in a bowl. You'll use this seasoned liquid when you assemble the age sushi. Allow the age to cool. Gently squeeze the age of excess moisture and set aside.

## *To Cook the Sushi Rice*

1. Gather all the ingredients. You must use short-grain Japanese rice, not long-grained rice. Japanese short-grain rice is sticky, so your sushi will not fall apart. Please note that  $\frac{3}{4}$  US measuring cup of uncooked Japanese rice is 1 rice cooker cup (150 g, 5.3 oz) and yields roughly  $1\frac{3}{4}$  US cups (330 g, 11.6 oz) of cooked rice. The rice-to-water ratio for sushi rice is 1 to 1, instead of 1 to 1.1 or 1.2 for regular steamed rice. For this recipe, 2 rice cooker cups of uncooked rice yield roughly 3–4 servings ( $3\frac{1}{2}$  US cups or 660 g) of steamed rice and make 12 Inari sushi pieces.
2. First, wash  $1\frac{1}{2}$  cups of uncooked Japanese short-grain white rice. Place the measured rice in a bowl. Do an initial quick rinse by adding just enough water to submerge all the rice, then discard the water immediately; repeat this quick rinse. Next, wash the rice using your fingers to gently agitate the wet grains in a circular motion for 10–15 seconds. Then, rinse it by adding water and immediately discarding the cloudy water; repeat this rinse once more. Repeat the wash and rinse steps two more times. Finally, drain the rice well in a fine-mesh sieve and shake off any excess water.

### **To Cook the Sushi Rice**

3. Put the well-drained rice in the inner pot of your rice cooker. Add  $1\frac{1}{2}$  cups water (to just under the 2-cup water line of your inner pot for 2 rice cooker cups of uncooked rice). If your rice cooker has a Sushi Rice mode, add water to that line. Next, check 1 piece kombu (dried kelp) to see any dirt particles and wipe off with a damp cloth, but do not wipe off the white powdery umami substance.
4. Add the grated carrots and mix in with the rice until evenly distributed.
5. Next, place the kombu on top of the rice. Let the rice and kombu soak in the water for 20–30 minutes. Soaking the rice allows it to hydrate. Skipping this step leads to rice with a hard inner core.
6. If you don't have an electric rice cooker, here are instructions for cooking rice on the stovetop.



### *To Cook the Sushi Rice*

Choose a pot with a tight-fitting lid. Allow the rice, carrot, kombu mixture to soak for 20–30 minutes. Bring the pot to a boil over medium heat with the lid slightly ajar. Take a quick peek to see if the water is boiling.

8. Once the water is boiling, turn the heat low and cook, with the lid tightly covered, for 12–13 minutes.

9. When it's done cooking, open the lid and quickly peek to check if the water is completely absorbed. If there's water left, close the lid and cook for a little longer.

10. Remove the pot from the stove and let it steam with the lid on for another 10 minutes. Don't peek otherwise, you'll diffuse the steam. 10 minutes, uncover the pot, then fluff the rice with a rice paddle (or spatula) and spread it on the parchment-covered baking sheet.

### **Add the Sushi Vinegar**

1. While the rice is cooking, make the sushi vinegar. In a small bowl, combine 4 Tbsp rice vinegar (unseasoned), 2 Tbsp sugar, and 1 tsp Diamond Crystal kosher salt. Microwave it for 30–40 seconds and whisk until the sugar completely dissolves. You can also prepare the old-fashioned way by putting the mixture in a saucepan, boiling it over medium-high heat, and whisking it to dissolve the sugar. Set it aside and let it cool to lukewarm or room temperature.
2. Since you are unlikely to have a hangiri (cedar sushi rice bowl), line a baking sheet with parchment paper. After the rice is cooked, discard the used kombu. Transfer the hot cooked rice onto the parchment-lined baking sheet. Spread out the rice evenly so it will cool faster.

### *Add the Sushi Vinegar*

3. While the rice is hot, gradually drizzle the sushi vinegar all over the rice. With a rice paddle (a spatula will do), gently “slice” the rice at a 45-degree angle to distribute the sushi vinegar mixture and break up the chunks of rice. Gently flip the rice in between slices. Do not stir or mix the rice because the grains may break and become mushy. While using this slicing motion, vigorously fan the rice with a paddle or other fan. Fanning cools the rice and removes the excess moisture. It also makes the rice shine and keeps it from becoming mushy. Slice and fan until the rice is cooled to the human skin temperature. Then, cover the prepared sushi rice with a damp towel (or plastic wrap).

### **To Make the Inari Sushi**

1. Assemble the 12 Inari age (seasoned fried tofu pouch), the vinegared rice, a small bowl of the seasoned dashi (to wet your fingers to prevent the rice from sticking), and a small spoon (for scooping the rice).
2. Divide the sushi rice from the baking sheet into quarters; you'll make three Inari Sushi pieces with each quarter of sushi rice.
3. Method One For Stuffing the Age Moisten your hands with the seasoned dashi liquid (left over from simmering the age). Carefully peel back the cut slit of the age and spoon the rice to the bottom of the pocket. Gently stuff the rice so you don't tear the walls of the age. Make sure the rice reaches the corners, making them smooth and round. Use the spoon to even out the rice. Leave room at the top.

### **To Make the Inari Sushi**

4. Method Two For Stuffing the Age Moisten your hands with the seasoned dashi liquid (left over from simmering the age). Take a  $\frac{1}{4}$  measuring cup of rice and use your hands to shape the rice into oblong. Repeat to make 12 of these oblong rice shapes. Place on a plate lined with wax paper to prevent sticking. Carefully peel back the cut slit of the age and insert the shaped rice into the bottom of the pocket. Gently stuff the rice so you don't tear the walls of the age. Make sure the rice reaches the corners, so they are smooth and round. You can use the spoon to even out the rice. Leave room at the top.
5. Tuck the edges of the age inside the pocket to create a smooth, round edge. Then, top it with Beni Shoga, the open top is the Kansai version of Inari Sushi, with variations on toppings.
6. Serve on individual plates, arrange decoratively on a platter, or place in a bento box.

# **Taco Salad**

**Submitted by Barbara Ostroth**

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# Taco Salad

## Ingredients

1lb ground beef or ground turkey  
1 pkg McCormick's taco mix  
1-2 avocados (if hard, let them sit on counter for 2-3 days till they ripen)  
1-2 tomatoes  
½ red onion, sliced and chopped  
1 large head Romaine lettuce (or two Romaine hearts of lettuce)  
1 bag Tostitos or other brand chips  
1 jar salsa mix  
chickpeas if desired  
1 bag grated Mexican cheese

## Preparation

Brown beef or turkey, drain fat and mix with Taco mix and very small amount of water to moisten. (You don't have to use the whole package of mix.)

Chop up lettuce, tomatoes, red onion, and avocado in large salad bowl.

Add cooled browned taco beef or turkey and ½ jar salsa, and toss.

Crunch up ½ bag chips and toss with salad mixture.

Add grated cheese as desired (1/2 bag is usually enough) and toss.

Toss salad with dressing to taste.

# On the Side

Side Dishes

"People who love to eat are always the best people." –*Julia Child*.

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# Caponata

Submitted by Patrick Montesano

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# Caponata

Submitted by Patrick Montesano

*The Christmas Eve meal was always much anticipated in my large, extended family, and required considerable preparation — not only on the part of my grandparents, but also with the participation of other aunts, uncles, and cousins, some of whom made several sauces, rolled out homemade pasta, and prepared at least seven fishes. I was one of the older grandchildren and was charged with getting the eels from a particular fish market. I can still remember carrying home to my grandmother the freshly killed eels while they continued to wriggle in the bag.*

*At dinner, I passed on the eels.*

*One of my favorite side dishes at the Christmas Eve dinner was caponata – eggplant prepared with onions, tomatoes, olives, celery, and capers, with a sweet and sour finish. When my own parents assumed responsibility for that festive celebration, they resorted to store-bought caponata that was perfectly adequate. As the torch passed to my generation, I discovered a recipe for caponata that resulted in a taste reminiscent of my grandmother's version. This is an adaptation of one offered by Margaret and G. Franco Romagnoli in *The Romagnolis' Meatless Italian Cookbook*. Make sure that you make enough for leftovers. During the quiet time after Christmas, it's great with a slice of good Italian bread.*

# Caponata

## Ingredients

About 2 pounds of eggplant.  
Salt  
One-half cup of olive oil  
2 onions  
1 large can of plum tomatoes  
2 celery stalks, cut into one-half inch pieces  
1 tablespoon of capers  
24 to 30 small/medium green olives (with or without pimento), cut in half.  
One-half cup of wine vinegar  
1 tablespoon of sugar

## Directions

Cut the eggplants in half and salt them. After a bit, scrape off the salt and peel the eggplant unevenly. Leave some of the skin in places so that it helps to color the dish. Cut the eggplant into one-inch cubes. Saute them in about 5 tablespoons of over medium heat for 10 minutes.

Peel the onions and thinly slice them. Saute them in the remaining olive oil in a second pan over medium heat. Cut the tomatoes into chunks and add them to the onions, simmering the two ingredients for about 5 minutes.

Chop the celery. Add the celery, capers, and olives to the tomatoes and onions. Bring to a boil and then mix together with the eggplant. When the mix comes again to a boil, add the vinegar and sugar, and cook for another 5 minutes.

The Romagnolis were quick to caution: *Do not overcook; one of the pleasures of this dish is its texture.*

***It's great hot or cold; I prefer it at room temperature. This year my own grandchildren will help me prepare it. We'll skip the eels.***

# Cranberry Salad

Submitted by Barbara Kinter

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*Thanksgiving and Christmas dinners in my large extended West Virginia family were the typical mountain fare - turkey, ham, mashed potatoes, green beans (cooked with bacon, of course), hot rolls - all the usual characters. However, one thing that was different - and I've not seen anywhere else was Uncle Arley's fresh cranberry salad. For decades, he sat at his kitchen table with his vintage grinder attached to the edge of the kitchen table making this wonderful dish. Funny - I didn't like it as a kid, but it still said HOLIDAY to me, and I've grown to love it as an adult.*

# Uncle Arley's Cranberry Salad

## Ingredients

1 package cranberries  
2 apples  
1 orange  
½ orange peeling  
1 cup english walnuts  
2 cups sugar  
1 package KNox gelatin  
2 cups cold water

## Directions

Grind fruits, orange peel, and walnuts, together.

Dissolve gelatin in the cold water. Stir in the fruits, nuts, and sugar to combine.

Chill in the refrigerator.

*Note - if you don't happen to have a vintage grinder handy, I'm sure a food processor will do just fine. I won't tell Uncle Arley.*

# Kasha & Varnishkes

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# Kasha and Varnishkes -

Submitted by Jean Friedman

*My grandparents, Tanya and Pinya came to this country separately as young adults. They were part of a large Eastern European community in Brighton Beach, Brooklyn. Food played a huge part in my grandparents' lives. It was the way they made their living; it was the way they celebrated their Jewish traditions, and it was the way they cared for the people they loved. My grandmother always made food in large quantities for the restaurant that my grandparents owned but also so that they could welcome their neighbors, friends and family to their home for a meal at a moment's notice. Most evenings their home was filled with guests. I was never allowed to leave their home without a care package. During the depression they always put food aside for people who had no money for a meal.*

*My aunt wrote a book recording some of my grandmother's recipes. Here is one that I would like to share with you. You can make the recipe in smaller quantities and also substitute olive oil for butter which I choose to do. I just add a small amount of butter to the finished dish.*



# Kasha and Varnishkes

## Ingredients

1 lb. Box of Medium Kasha (buckwheat groats) prepared according to directions on the package

1 lb. Box of Bow tie Macaroni prepared according to directions on the package

1/4 lb. Butter

1/8 lb. Butter

3 lbs. Onions finely diced

1 lb. Mushrooms sliced

Salt and Pepper to taste.

## Directions

Sauté the onions and mushrooms in 1/8 lb. Butter till lightly brown. Cut 4 oz of butter into small pieces and add to bowties as soon as they are drained. Mix all the ingredients together till blended well and the butter is all melted. It can be reheated in a covered and oiled pan or frozen to a later date. Completely defrost before heating.

**Kelewele**

**Spicy Fried Plantain from Ghana**

**Submitted by Winnie Asu- Awuku**

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# Kelewele

## Ingredients

Ripe Plantain

Cooking Oil

Chili Peppers

Cloves

Nutmeg

Ginger

Onion

Salt

## Directions

Blend the chili peppers, cloves, nutmeg, ginger, onion and salt to taste (Spice)

Wash the ripe plantain.

Peel and cut into cubes.

Marinate the cut ripe plantain in the already prepared spice for 15 to 30 minutes.

Heat the oil in a pan until about 250 degrees or hot.

Fry the marinated cut plantain in the oil until golden brown.

Serve with peanuts.

# Mango and Shrimp Salad

Submitted by Nadege Stretz

*This dish is a family favorite, perfect for warm summer days. It can be a main dish or an accompaniment. We use Dominican mangoes, which are in season from April to November, their texture is perfect for this salad, their flavor brings notes of coconut which is a great combination with the rest of the ingredients.*

# Mango and Shrimp Salad *(Serves 4)*

## Ingredients

1/2 pound of cooked medium size shrimp – tail off (room temperature)  
4 Dominican mangoes  
1 or 2 avocados (ripe, but not too soft)  
3 green onions (shives)  
1 small shallot  
1/2 cup of washed and chopped cilantro  
1 lemon  
1 lime  
1/4 cup of olive oil  
Salt and Pepper (optional)

## Directions

1. Cut, peel, and dice the mangoes, chop the green onions and shallot.
2. Juice the lemon and lime.
3. In a large salad bowl combine the shrimp, mangoes, green onions, shallot, cilantro, olive oil and about half of the lemon/lime juice. Carefully mix all ingredients.
4. Let the salad sit in the refrigerator for at least 45 minutes.
5. Right before serving toss the salad one more time. Peel and slice the avocado(s) – arrange them on top of the salad. Sprinkle with the rest of the lemon and lime juice.

# Seven Layer Salad

Submitted by Steve Bell

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# Seven Layer Salad

## Ingredients

1 head iceberg lettuce  
1 bag defrosted frozen peas  
Celery  
Mayonnaise  
Red Onion  
Parmesan cheese  
Bacon bits

## Directions

Use a large, straight-sided, clear glass salad bowl

Put each layer in in this order:

Iceberg lettuce

Frozen peas

Celery to cover

Cover with Mayo

Sliced red onion

Sprinkle with Parmesan

Sprinkle bacon bits

A friend used to bring this to our potluck dinners.

Not only is it delicious, it looks great!

# Sweet Potato/Yam Casserole

Submitted by Sue Akiska

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*Since the late 1990's we have been traveling to North Carolina for Thanksgiving to celebrate with family. The first year we had just been apple picking and had an abundance of apples, so I decided to incorporate them into the sweet potatoes for the holiday and this dish was created and is part of our celebration every year.*

# Thanksgiving Sweet Potato Yam Casserole

## *Ingredients*

A combination of 8 yams and sweet potatoes

8 apples (NOT Granny Smith or Macintosh), peeled, cored and sliced

16 oz molasses

3T butter

½ tsp salt

1 lemon, juiced

# Thanksgiving Sweet Potato Yam Casserole

## Preparation

Boil potatoes until  $\frac{3}{4}$  done. This is best done a day ahead as they are easier to peel & cut when cold

Peel potatoes and cut into  $\frac{1}{4}$  inch slices

In a 3 or 4 cup measuring cup or saucepan, warm molasses, maple syrup and butter. When warm, remove from heat stir in brown sugar and salt

Using the apple slicing machine, prepare the apples cutting through the peeled, cored and sliced apples so you have crescent slices. Put apple slices in a bowl, pour lemon juice over the and gently mix. This keeps the apples from getting brown.

Butter a 10'x13' glass or ceramic baking dish suitable for serving. Starting at the short end of the baking dish, place 2 apple slices followed by a potato slice, alternating to create 4-5 rows. If you have different color potatoes, alternate the colors as well. Once the potatoes and apples are tightly packed into the baking dish, pour the molasses mixture over them. Place in the pre heated oven and bake for 20 minutes. Take pan out of the oven and thoroughly baste potatoes and apples. Repeat this step every 15 minutes for an 1  $\frac{1}{2}$ -1  $\frac{3}{4}$  hours until the basting mixture has thickened, the potatoes and apples look candied. Remove from oven and do NOT cover while hot as the condensation will make the dish watery. The dish can be made earlier in the day and set on the counter to cool – uncovered. Pop in the oven for 15 minutes before serving to warm them up, if desired.

Instead of the molasses, brown sugar and maple syrup, reduced and thickened apple cider can be used with honey or maple syrup or any combination of these sweeteners including agave

# Sweet Tooth

Desserts

"Stressed spelled backward is desserts.  
Coincidence? I don't think so!" –  
*Unknown*

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# Barbara Ostroth's Apple Pie

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# Barbara's Apple Pie

## *Ingredients*

6 - 7 Granny Smith Apples

½ cup brown sugar

¼ cup white sugar (Splenda can be used)

1 tablespoon cinnamon (or to taste)

½ teaspoon nutmeg

About 3 tablespoons of milk

½ cup butterscotch chips

3 tablespoons corn start

Flour

Margarine or butter

1 package Pillsbury pie crust

# Barbara's Apple Pie

## *Preparation*

*Preheat Oven to 375 degrees*

1. Peel, core and slice apples by hand or by using the Pampered Chef apple peeler, and place in a large bowl. Slices should be fairly thin.
2. In a small bowl, mix together sugars, cinnamon, nutmeg and corn starch.
3. Take one layer of pie crust out of box and remove plastic wrap. Unroll and place in pie plate. (Note: I prefer to roll the pie crust out a little thinner and wider on a floured surface, which will make it flakier. The crust should overlap the edge of the pie plate a little.)
4. Mix about  $\frac{1}{2}$  of the sugar/cinnamon mixture in with the sliced apples; stir to coat them.
5. Spoon about  $\frac{1}{3}$  of the apples into the pie plate, arranging them to cover the bottom of the crust completely. Sprinkle  $\frac{1}{2}$  of the butterscotch chips over the apples. Repeat again. Finish off with the last  $\frac{1}{3}$  of the apple slices, allowing them to mound over the pie plate.

# Barbara's Apple Pie

## *Preparation, continued*

6. Cut about 1 tbsp of butter or margarine into 3 - 4 chunks and place on top of the apples in different sections of the pie, not close to the crust.
7. Roll out the top layer of pie crust and place over the apples. Pinch together the two crusts all around the pie, making a rippled edge. With a knife, slice 5 small cuts into the middle of the pie in a star-shaped pattern.
8. Using a basting brush, baste the top crust with the milk (this will give it a pretty color).
9. Place pie in the middle of the oven on a cookie sheet, and bake for 16 minutes at 375 degrees. Lower temperature to 350 degrees, then bake an additional 35 - 40 minutes.
10. Place pie in the middle of the oven on a cookie sheet, and bake for 16 minutes at 375 degrees. Lower temperature to 350 degrees, then bake an additional 35 - 40 minutes.



# Black Bottom Cupcakes

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# The BEST Black Bottom Cups

Submitted by  
Monica Schulze-Hodges

*These cupcakes, chocolate on the bottom with chocolate chip “cheesecake” filling on top, have been a family and friends favorite for 50 years. The Internet somehow found out about our (we thought) secret recipe and now has a bunch of similar recipes. But our version - the original as far as I’m concerned - that is included here has a couple of important differences that make these sweet treats especially amazing.*

*Tip 1: Do not overcook! Comparable recipes suggest longer baking times but bake for no more than 20 - 22 minutes for optimal deliciousness.*

*Tip 2: Use brewed coffee (instead of water) - it makes the chocolate chocolatier.*

# The BEST Black Bottom Cups

## Ingredients

for the chocolate chip “cheesecake” on the top

1 (8 ounce) package cream cheese, softened  
1 large egg  
 $\frac{1}{3}$  cup white sugar  
 $\frac{1}{8}$  teaspoon salt  
1 cup miniature or regular size semisweet  
chocolate chips

## Ingredients

for the Chocolate chocolate cake on the bottom

1  $\frac{1}{2}$  cups all-purpose flour  
1 cup white sugar  
 $\frac{1}{4}$  cup unsweetened cocoa powder  
1 teaspoon baking soda  
 $\frac{1}{2}$  teaspoon salt  
1 cup room temperature brewed coffee (or  
water if necessary)  
 $\frac{1}{3}$  cp vegetable oil  
1 tablespoon cider vinegar  
1 teaspoon vanilla extract

# The BEST Black Bottom Cups

## *Directions*

1. Preheat the oven to 350° F (175° C). Grease two 12-cup muffin tins or (preferred if you aren't going to eat them all right away) line the tins with paper or foil liners / baking cups.
2. Prepare the chocolate chip cheesecake topping: Beat cream cheese, egg, 1/3 cup sugar, and 1/8 teaspoon salt in a medium bowl until light and fluffy. Stir in chocolate chips; set aside.
3. Prepare the chocolate cake batter: Mix together flour, 1 cup sugar, cocoa, baking soda, and 1/2 teaspoon salt in a large bowl. Add brewed coffee, oil, vinegar, and vanilla. Stir together until well blended.
4. Fill the prepared muffin tins. Step 1: Fill about 1/3 - less than 2 Tablespoons - with chocolate batter. Tip: use a soup spoon; be sparing with the chocolate batter as you distribute it as evenly as possible across the 24 tins. Step 2: Top each chocolate batter bottom with a dollop of chocolate chip cheesecake mixture.
5. Optional: for a pretty and crunchy finish, sprinkle each with a few sliced almonds and/or 1 teaspoon granulated sugar (we like to use both!).
6. Bake in the preheated oven until the cheesecake center is just set, about 20 to 22 minutes. Do not over bake.
7. Serve warm or room temp. To store: once the cupcakes are cool, cover with a towel to serve any time in the next 24 hours. Beyond 24 hours, store in the fridge for up to a week; warm to room temp before serving or pop individual cupcakes into the microwave for a few seconds for a heavenly treat!

# **Professor Roberts' Carrot Cake**

**Submitted by Lynn Roberts**

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# Professor Roberts' Carrot Cake

## Ingredients

3 cups unsifted all purpose flour  
(whole wheat if you prefer)

2 cups sugar

2 tsps baking powder

2 tsps baking soda

$\frac{3}{4}$  cup chopped walnuts

1 tsp ground cinnamon

2 cups mashed carrots

1  $\frac{1}{2}$  cups vegetable oil

4 large eggs

1 can crushed pineapple

## Directions

Put all ingredients into large mixing bowl and beat by hand or with electric mixer for at least 5 minutes until well combined. Do not grease or flour pan. Pour mixture into baking pan (I prefer a bundt pan).

Bake 50 – 60 minutes in 350° F oven. Reduce temperature if your oven runs hot (mine does). Test for doneness with a toothpick or piece of spaghetti – should be dry when pulled out.

# **Cherry Cream Cheese Pie**

**Submitted by Barbara Ostroth**

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# Grandma Marian's Cherry Cream Cheese Pie

## Ingredients & Directions

### Cherries

1 Can sour cherries (unsweetened)

$\frac{2}{3}$  cup sugar

2 -3 tablespoons cornstarch

Mix sugar and cornstarch together thoroughly. Add juice from cherries. Cook over high flame, stirring constantly until it boils and the liquid clears and thickens. Remove from flame and add the cherries, mixing together. Cool thoroughly.

### Pie Crust

Fill 2 pie plates with crust. Puncture crusts with fork. Bake in 425 degree oven about 10 minutes till crust begins to turn light brown. Cool.

### Cream Filling

1/2 pint whipping cream

1/2 tsp vanilla

8 oz. cream cheese, softened

1/2 c. confectioner's sugar

Whip cream and vanilla in a large bowl until it is medium thick. Add softened cream cheese and confectioner's sugar and mix thoroughly. Spread in the bottom of 2 cooked and cooled pie crusts. Top with cooled cherry mixture.

# Chocolate Mousse

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# Classic Chocolate Mousse

Submitted by Carole Boutry

*I would like to propose the recipe of the classic chocolate mousse we make in France. As a kid, it was always written on the wrapping of the dark chocolate bars, just like the recipe of chocolate chip cookies is on all chocolate chip bags in the US!*

*Additionally, it's very easy to do and only 2 ingredients:*

# Chocolate Mousse

## *Ingredients*

200 grams (7 oz.) of good semi sweet chocolate ((50-60 % dark is great)

6 eggs ( I buy the pasture raised eggs) - separated

## *Instructions*

Cut the chocolate in small pieces in a bowl and put it in the microwave, on high heat for about 2 minutes (check after 1 minute and then every 30 seconds). Once melted, mix it with a spoon and let it cool down a little bit. Then, mix in the egg yolks in the chocolate quickly, and mix until incorporated in the chocolate. The chocolate will become a bit shiny and creamy.

Keep the egg white in a large bowl. Add a pinch of salt and whip them with an electric mixer until stiff. Once done, incorporate gently, a couple of spoons at a time, the egg whites into the chocolate/egg yolks mix, until all the egg whites are incorporated in the chocolate. It will be foamy but in a liquid state. Transfer in a clean bowl or individual bowls and store in the fridge for a minimum of 4 - 5 hours before eating. Ideally, the chocolate mousse should be made the day before to be nice and firm. Keep in the fridge, no more than a couple of days.

***Voila! And it's so good!***

# Gingerbread Cookies

Submitted by Sue Akiska

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*This is a recipe that my father found in the 1960's and every year in mid December he would make the dough and we would all work together decorating the gingerbread men with wonderful and creative designs. Back then we only made gingerbread men and punched a small hole in the top of each head so that after they were baked, we could put ribbon through the hole and hang them on the Christmas tree. We no longer hang them on the tree but the decorating tradition has continued with my children and grandchildren. In addition to gingerbread people, we have added horses, ducks, birds, snowflakes, stars, Christmas trees and bells.*

# Gingerbread Cookies

## *Ingredients*

$\frac{3}{4}$  cup unsulfured molasses

$\frac{3}{4}$  cup (1  $\frac{1}{2}$  sticks) butter or margarine

3  $\frac{2}{3}$  cups sifted all-purpose flour

1 tsp double acting baking powder

1 tsp salt

$\frac{1}{2}$  tsp baking soda

2 tsp ground ginger

2 tsp ground cinnamon

$\frac{3}{4}$  cup dark brown sugar

1 large egg

# Gingerbread Cookies

## *Directions*

Heat molasses in a saucepan large enough for mixing the cookies. Remove from heat and stir in the butter. Cool.

Sift together the next 6 ingredients, add the brown sugar and mix well. Stir it into the molasses and butter. Add the egg and mix well. On plastic wrap or parchment form the dough into 2 bricks, wrap in plastic and chill at least 2 hours or overnight.

Preheat oven to 350 degrees.

Remove one half of the dough from the refrigerator and roll to 1/8 or 1/4 inch thick on lightly floured board. Prepare baking sheets with parchment. Use cookie cutters to cut out desired shapes and place on baking sheets. Prebake decorating: Beat an egg in a small bowl, brush the cut outs with egg wash and decorate with sprinkles, chocolate chips, M&Ms, etc. Bake for 12-15 minutes until lightly brown around the edges. Cool on a wire rack. Cut outs can be baked without decorations and then decorated with white or color icing and sprinkles once baked and cooled. Repeat with the 2<sup>nd</sup> half of the dough.



# Louise's Pineapple Delight

Submitted by Gail Smith

*When I was a little girl, this was one of my favorite homemade desserts! It is really simple but also refreshing and has only five ingredients!*

# Louise's Pineapple Delight!

## *Ingredients:*

1 bag of miniature marshmallows

1 pint of heavy cream

1 teaspoon pure vanilla extract

4 tablespoons granulated sugar

1 20 oz. can crushed pineapple

Empty the entire bag of miniature marshmallows into a large bowl.

Drain the liquid out of the pineapple can. Gently fold the drain pineapple into the marshmallows and set aside.

Using a hand-held or stand mixer, pour the heavy cream and vanilla into a mixing bowl and begin to beat on medium to high speed. As you beat, gently and slowly add the sugar (over about 1 minute). Beat 3-5 minutes until soft peaks are formed (do not overbeat!)

Fold the whipped cream into the marshmallow mixture and refrigerate for several hours.

# Röte Grütze

Submitted by Diana Fainberg

*I began to make this when my parents, late in life, began to grow raspberries in Hackensack. From a few of their canes I grew a very large patch in Teaneck. My father recreated this dessert from Germany, and when they left their property any years ago, I carried on the tradition. It comes out quite tart, which showcases the berries, but a little more sugar can be added if desired.*

# Röte Grütze - German Raspberry Pudding

## Ingredients

6 cups fresh or frozen berries – raspberries, strawberries, red currants. I usually use 4 cups raspberries and 2 cups other fruit.

½ cup sugar

2 Tbsp cornstarch

¼ cup cold water

1 Tbsp fresh lemon juice

1 Tsp vanilla extract

## Directions

Wash fresh berries. Raspberries will be fragile! Stir cornstarch in cold water until smooth.

Combine berries and sugar in a large saucepan or pot. Use a potato masher if desired to make a smoother pudding (or a stick blender if you like it really smooth). Bring to boil over medium heat, stirring constantly. When boiling, stir the cornstarch again until smooth and add gradually to the berries, while stirring.

Reduce heat and let simmer for three minutes while stirring, until mixture starts to thicken. Remove from heat and stir in lemon juice and vanilla.

(continued on next page)

***Tastes like summer! Needs 24 hours to set in the refrigerator! Yields 4 - 6 servings***

# Röte Grütze - German Raspberry Pudding

## *Directions. continued*

Pour into a serving bowl or individual bowls and refrigerate 24 hours. The pudding can be garnished with whipped cream, vanilla ice cream, or a traditional vanilla sauce, as follows:

### *Vanilla Sauce*

2 cups whole milk or half and half

4 large egg yolks

½ cup sugar

1 Tsp vanilla extract

Bring milk to a simmer over medium heat in a pan. Whisk egg yolks, sugar and salt together until thick and blended. Gradually pour the hot milk over the egg mixture, constantly whisking. Put back in pan, cook over low heat, stirring constantly with a wooden spoon, 15 – 20 minutes, until sauce coats the back of a spoon. Do not allow to boil. Pour into a glass bowl and stir in vanilla. Cover with plastic wrap and refrigerate until needed.

# Sheet Cake

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# Aunt Winona's Texas Sheet Cake

Submitted by Barbara Kinter

*This wonderful sheet pan chocolate cake has, literally, nothing to do with Texas (we are a West Virginia family!) other than Aunt Winona baked it in the biggest cookie sheet pan I've ever seen! There was nothing better at family dinners than this very thin chocolate cake topped with a thick layer of fabulous icing. It sat on the counter for everyone to pick on all day, every holiday.*

*Oleo is just margarine, but many of Aunt Winona's recipes use the word and I like hearing her voice in my head when I read it.*

# Aunt Winona's Texas Sheet Cake

## *Ingredients for the Cake*

2 sticks oleo (I use butter now)  
1 Cup water  
4 Tablespoons cocoa powder  
2 Cups sugar  
½ teaspoon salt  
2 Cups flour  
2 eggs  
1 teaspoon baking soda  
½ cup sour cream or buttermilk

## *Ingredients for the Icing*

1 stick oleo or butter  
6 tablespoons milk  
4 tablespoons cocoa powder  
1 box powdered sugar  
1 teaspoon vanilla

## *Directions for the Cake*

Preheat the oven to 350  
Grease LARGE cookie sheet

Combine oleo/butter water and cocoa and bring to a boil.  
Add sugar, salt, and flour and remove from heat

Beat in eggs, soda and sour cream or buttermilk  
Pour into cookie sheet and bake for 25 minutes.

## *Directions for the Icing*

Bring oleo or butter, milk and cocoa to a boil.  
Add powdered sugar and vanilla

Spread on cake while hot.



# Trifle

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# Dessert Trifle

Submitted by Barbara Ostroth

*This recipe will feed 15 - 20 people and is a perfect dish for parties, pot lucks, holiday dinner, et.*

*If you are making this dish for an adults only party, you can sprinkle a little liquor in between the first and second layers...kir, rum etc.*

# Barbara's Dessert Trifle

## *Ingredients*

1 pound cake OR 1 box yellow cake mix

1 package instant vanilla pudding mix OR custard mix

Fruit – use any combination of the following:

Blueberries (frozen or fresh)

Strawberries (frozen or fresh)

Peaches (canned or fresh)

Kiwis

Bananas (2, sliced)

Raspberries (frozen or fresh)

Pineapple (canned or fresh)

Whipped cream

# Barbara's Dessert Trifle

1. First, make the pudding with low-fat milk and put in refrigerator to thicken.

(NOTE: since the traditional English trifle calls for thinner custard, you can easily choose to make the pudding with 2-1/2 cups milk instead of the 2 cups the recipe calls for.

2. Second, bake the yellow cake in two layers and let cool for at least ½ hour. Then cut up each layer into cubes...OR Cut up the pound cake into cubes in a separate bowl.

3. Chop, slice and combine your fruits in a bowl and set aside.

4. Take either a glass trifle dish or a large glass bowl. First, layer the bowl with one half of the cake cubes, then spoon one half of the pudding/custard over the cake cubes. Finally spoon one half of the fruit over the cake & pudding layers, including some spoonfuls of the fruit juices.

Repeat these three steps - cake, pudding, fruit.

5. Cover bowl with plastic wrap and put in the refrigerator for at least 2 hours, or even overnight. When you are ready to serve it, add a layer of whipped cream on top and serve.

## *Thank you to our contributors!*

- ❖ Margaret Aaker
- ❖ Sue Akiska
- ❖ Winnie Asu- Awuku
- ❖ Steven Bell
- ❖ Anita Bluestone
- ❖ Carole Boutry
- ❖ Diana Fainberg
- ❖ Jean Friedman
- ❖ Monica Hodges
- ❖ Barbara Kinter
- ❖ Michel Kinter
- ❖ Mei Lu
- ❖ Wes Matsui
- ❖ Patrick Montesano
- ❖ Barbara Ostroth
- ❖ Ellen Ray
- ❖ Lynn Roberts
- ❖ Brian and Elissa Slomiak
- ❖ Gail Smith
- ❖ Nadege Stretz
- ❖ Fern Wilensky



*Cookbook Committee: Steven Bell, Barbara Kinter, Wes Matsui, Gail Smith*

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